

**WEEK 5: TWO NATURES—  
PART TWO:  
THE OLD YOU  
DAY 1: DETHRONE THE KING  
OF SIN**

Read Romans 6:12-18.

“That is only human nature.” How many times have you heard people say that as an excuse for something a person did wrong?

You know this excuse does not work for you. Christ does not permit people to live following the human nature. He himself is your new nature. He changes your attitudes and your actions every day.

Your human nature is not gone. It is still there the same as before you became a Christian. Read what Romans 6:12-18 has to say about your old nature.

These verses talk about the power **sin** has to rule your life. We see in verse 12 that we have a choice to “let sin have control.” Then we must accept what happens.

We become in verse 17 a S\_\_\_\_\_

S\_\_\_\_\_.

Who is **King Sin** in your life? The way to learn who this is to look

at the letter in the middle of the word **SIN**. Sin is an “**I**” problem. King Sin controls my life when I choose what I want. I let sin have power to control my body. (See Rom. 6:12.) The parts of my body are used for sinful things (Rom. 6:13).

You as a Christian belong to what you choose--Jesus Christ or sin. If you decide to let Him control you, Christ will cause the fruit of the Spirit to show in your life. You become a **slave** or a **servant** to that King if you decide to let King Sin control (really King I). All you can expect to happen to you will be **because of disobeying God** when King Sin controls.

Your old nature is your human nature. It is the nature of sin in you. It was not destroyed when you became a Christian. But, for the first time in your life, sin was not in control. The only time sin has the power to control your life is when you **decide** to let sin control. **YOU BELONG TO YOUR CHOICE.**

Check to make sure you understand.

Who is the new nature in you? \_\_\_\_\_

Who is the old nature in you? \_\_\_\_\_

Who decides which one will be in control? \_\_\_\_\_

Your first answer should be Christ. Your second answer might be like any of these:

**Myself      My human nature      My sinful self**

**King Sin      King “I”**

And who decides who will be in control? You do.

Notice the words in Romans 6:12-13 in the **New Life Version**:  
"So do not let sin have power over your body here on earth. You must not obey the body and let it do what it wants to do. Do not give any part of your body for sinful use. Instead, give yourself to God as a living person who has been raised from the dead. Give every part of your body to God to do what is right."

You must not let any part of yourself be ruled by King Sin. You must let every part of your body be controlled by Christ, who lives in you and controls everything.

What will happen to any part of you that sin has control over? That part of your body will experience sinful use.

What will happen to your body when you give every part to God? It will do \_\_\_\_\_.

\_\_\_\_\_

Do you understand how Romans 6:12-13 helps us understand the sentence "You belong to your choice"? Your next Scripture memory assignment also is taken from Romans 6:12-13. This is the longest memory work you have had. It should be becoming easier to memorize God's Word by heart.

Do you remember a verse that tells one of the best ways to prevent sin from ruling your life? It was your first verse to memorize in the SURVIVAL KIT. Write it here.

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Check and be sure you remember Psalm 119:11 right. Then look

again at Romans 6:14-18. Remember that King Sin is not in control of your life. He is not dead. Read these verses. Do you think your old nature will lead you into sin as much **now** as **before** you became a Christian?

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I hope your answer is **no**. What do you think it means in Romans 6:18 to say that being right with God has power over you now? One word appears several times in these verses that might help you answer. What is that word? \_\_\_\_\_

**Obey.** The meaning is clear. You choose to **obey** the sinful self, your old nature. Or, you choose to **obey** Christ, your new nature. And you become a slave for the one you decide to obey.

Galatians 5:16 is another way to say almost the same thing. Try to write that verse here.

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**WEEK 5: TWO NATURES—  
PART TWO:  
THE OLD YOU  
DAY 2: NO REFORMATION**

Read Romans 7:15,18-21; Galatians 5:19-21,24-25.

One of the hardest things for a new Christian to understand is that **YOUR OLD NATURE CANNOT BE REFORMED** (changed to improve). You are always frustrated when you try to live in the old nature and show the fruit of the new nature.

Romans 7:15,18-21 shows a Christian who tries to do this. Read those verses. Write in your own words the struggle it talks about.

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Did you write something like this?

“I want to do good . . . but I can’t do it.”

“I don’t want to do bad things . . . but I do them.”

Here is a question for you to think about during your Quiet Time. How do you feel your life is like the verses you just read and wrote about?

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Now you should find it easy to answer this question. Do you think that Christ gave you new life so that you would be stuck in struggles like the verses in

Romans 7:15,18-21? Yes \_\_\_\_\_ No \_\_\_\_\_

**No**, that doesn’t make sense that Christ would do that. But it happens because your old nature cannot be reformed. Your old nature is still doing the same things it did before you became a Christian.

Galatians 5:22-23 lists the fruit of the **new nature**. Write those memory verses here.

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Now read Galatians 5:19-21. List the fruit of the **old nature**.

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Count the things in Galatians 5:19-21 that you personally did before you **became** a Christian.

Write the number here. \_\_\_\_\_

Next, count how many you have experienced **since** you have become a Christian.

Write the number here. \_\_\_\_\_ What does this tell you about yourself?

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Many Christians trust their old nature too much. A Christian thinks that giving his life to Christ takes away everything that might make him stray. Christians forget that the old nature can never be reformed.

It's a little like alcoholism. Some alcoholics think they can control themselves. They take a drink. This leads them back into alcoholism. Other alcoholics don't trust themselves. They avoid anything or any place that might tempt them to start drinking again. They know that the temptation might lead them to stray.

Why do we, in your opinion, so easily trust the old nature **after** we become Christians?

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Maybe you wrote that we don't think about sin seriously enough. Maybe that sin uses our trust to take control over us again. Sometimes it requires some hard times in your Christian life to help you realize you cannot ever trust your old self again. **Self, I, sin**—all of these are words for the **old nature**. It is never going to change. The old nature will always cause the same ugly things in our lives.

That is the reason it is important to remember that **YOU BELONG TO YOUR CHOICE**.

Finish today's Bible reading with Galatians 5:24-25. These verses should remind you of Romans 6:12-13, where you started memorizing yesterday. Write here as much of that Scripture memory verse as you can remember.

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# **WEEK 5: TWO NATURES— PART TWO: THE OLD YOU DAY 3: CIVIL WAR WITHIN**

Read Romans 7:22-25; 8:5-9.

Would you believe that a **civil war** can happen in your life as a Christian? A war happens when your new nature and your old nature struggle against each other.

Read Romans 7:22-25. This struggle in these verses is caused by a Christian who has **not** made a choice. He has not made a clear decision to let Christ be the Lord (controller) in his life.

Romans 7:23 mentions something that happens because of war—being captured. Romans 7:24 shows a terrible situation. People invented a long time ago a terrible way to cause a person to suffer. They would tie a dead body to a person. He would have to carry the dead body with him on his back if he tried to escape.

Paul asked a question in verse 24 that shows he might have been thinking about this horrible situation. What is that question?

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“Who can set me free from my sinful old self?” Paul asked. Romans 7:25 gives the name and the title of the one who can

cause you to become free from this war in yourself. Write both the **name** and **title** here.

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Why is the **title** important in causing the war between your two natures to end?

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**Jesus Christ** must control your life if He is really **your Lord**. You must follow His lordship. You must refuse to obey your old nature.

The **King James Version** sometimes uses “the old man” and “the new man” when newer translations use “the old nature” and “the new nature” or “the old self” and “the new self.” Look now at Colossians 3:8-10. This is your second memory verse for this week. Notice that the part you are supposed to memorize ends with the first part of verse 10, after “the new man” or “the new self” or “the new nature.” Don’t postpone starting to work on these verses. It is another long one like Romans 6:12-13. But you can learn both verses this week if you really try.

Other ways to say “the old nature” that you will find in the **King James Version** are **carnal, carnally, and the flesh**. Remember what these verses mean when you read Romans 8:5-6. These verses show the difference in two kinds of life you can experience as a Christian. One is the life of a Christian that has let the old nature control. The other is the life of a Christian that

has let the new nature control.

Finish this chart to show the differences.

	THE OLD NATURE	THE NEW NATURE
Mind-set (v. 5)		
Results (v. 6)		

If you used the **King James Version** or the **New American Standard Bible**, you should have finished the chart like this:

THE OLD NATURE      THE NEW NATURE

MIND-SET (v. 5)

RESULTS (v. 6)

Romans 8:7-8 makes four negative sentences about a Christian who has not let Christ fully control his life. Finish the sentences about that kind of Christian.

He is \_\_\_\_\_ toward God.

He does not \_\_\_\_\_ .

He cannot \_\_\_\_\_ .

He cannot \_\_\_\_\_ .

You should have written the four negative sentences like these:

He is fighting against (or is an enemy) toward God.

He is not able to obey God's law.

He cannot become able to obey God's law.

He cannot please God.

Have you made any decisions about your own life as you have studied Romans 8:5-8? What decisions have you made?

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Romans 8:9 tells you that the Christian has the Spirit of God **living** in him. This means the Holy Spirit is **inside** him **permanently**. Is there any time you cannot live with Christ controlling your life? Try to explain your answer here.

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You might think it is hard to write on paper your answers to the last two questions. **Remember:** You can **pray** about them through the Holy Spirit if you cannot put your thoughts into words. Think about the last two questions during your Quiet Time today.

**WEEK 5: TWO NATURES—  
PART TWO:  
THE OLD YOU  
DAY 4: VICTORY THROUGH  
SURRENDER**

Read Ephesians 4:22-24; Matthew 5:21-22,27-28;  
Philippians 4:7-8; Romans 8:37-39.

Today's Bible reading looks long. There are not many verses. The verses come from several different books of the New Testament.

Begin by reading Ephesians 4:22-24. These verses should remind you of Colossians 3:8-10. You began memorizing that yesterday. Try now to write it on these lines.

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The apostle Paul talked in both Colossians 3:8 and Ephesians 4:22 about a decision that a Christian has to make. The decision is to **put away** the old person. The point is like a person who has

on the same clothes for a long time. He decides to take them off and put them away. He doesn't want them anymore. They are not valuable to the owner. The old clothes are not going to be worn again.

This decision in a Christian life—to put away the old nature—stops the **civil war** in you. The old nature is still there. It is alive. But, the old nature has no power. You decided to **put it away**. Your decision to permanently follow Jesus Christ allows His full power to be active in you.

Colossians 3:8-10 lists many things about the old nature. What thing from the old nature do you want to put aside the most?

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Paul talked in Ephesians 4:23 about your \_\_\_\_\_ and **becoming new**. The Lord Jesus Himself also talked about the mind. Read what Jesus said in Matthew 5:21-22,27-28. Jesus said that everything you do begins in your \_\_\_\_\_.

Did you write **“in your mind”** or **“with a thought”**? How can a Christian experience a new mind? Paul gave us good advice in Philippians 4:7-8. Read the verses. Write what they mean here.

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The **New Life Version** says it this way: “The peace of God is much greater than the human mind can understand. This peace will keep your hearts and minds through Christ Jesus. Christian brothers, keep your minds thinking about whatever is true, whatever is respected, whatever is right, whatever is pure,

whatever can be loved, and whatever is well thought of. If there is anything good and worth giving thanks for, think about these things" (Phil. 4:7-8, NLV). Did your writing the meaning for the verses include all of these ideas?

One of the best things to fill your mind with is the Word of God. Do you remember the two verses about **gifts** and about **ONE BODY—ITS SERVICE**? Write those verses here.

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\_\_\_\_\_ (1 Pet. 4:10)

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\_\_\_\_\_ (2 Cor. 9:7)

How about Colossians 3:8-10? This is one of your verses for this week. Try again to write it from memory.

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Read Romans 8:37. Find what Christ will give you when you make Him Lord and Master of your life. What kind of experience do you have? What kind of victory?

Did you write "power" or "**full victory**"? Romans 8:38-39 continues the same idea. It says nothing can cause you to become separated from God's love through Jesus Christ your Lord.

Pay attention to verse 38. It says nothing in **life** can separate you from Christ. Often you might feel that **situations in life** are your biggest problem as you try to live following the new nature. Christ can win over all situations. The only thing you have to do is to ask Him to take control of the situation, whatever it is. That is the purpose for **prayer**. Why not ask Christ to take control of your life situations **today**?





# WEEK 5: TWO NATURES— PART TWO: THE OLD YOU DAY 5: ONE DECISION

Read Romans 6:1-11.

The apostle Paul didn't like excuses. Read Romans 6:1-2 to find out if Paul would accept any excuse for living with the **old nature** in control. What question did Paul ask in verse 2?

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Paul spoke in Romans 6:3-5 of **baptism** as your public confession that something has **finished** (happened) in your life. What does that confession show to other people?

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You show in baptism that your old sinful self is dead. You now have a new life in Christ. What happened in Romans 6:6-7 to cause the old nature to have no more power over your life?

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Paul said that your old nature was nailed to the cross. How are you supposed to live as a Christian if your old nature is nailed to

the cross? The answer is in Romans 6:8-11.

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Here is one way to say it. "When sin looks for me, Sin finds out that I am dead. But when God looks for me, He finds me alive only through Jesus Christ." Does this make sense to you?

After the verses in Romans 6 you just read, Paul continued to write some words that you have finished memorizing. Can you write Romans 6:12-13 on these lines?

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Check and see how well you have memorized these verses. After that, think about your life as a Christian. Do you sometimes brag to your friends about your Christian life? Then, did temper, lust, bitterness, or frustration appear in your life? Because of these inside conflicts, did you begin to feel that maybe you are **really** not a Christian? Maybe you felt embarrassed. You tried to pretend to live like a good Christian. You knew people were watching you. You know it was a "pretend" life you were showing.

Many other people have tried to do that. They pretend to live as victorious Christians. They did not show people their real

situation. They have become busy. They are doing activities for the Lord. They think activities for the Lord or the church would cause them to have a holy life. Then they slowly understood that they were pretending to live good Christian lives. There was no peace or victory inside. They felt like hypocrites. They slowly quit all Christian activities because they felt discouraged. **THEY BECAME DEFEATED CHRISTIANS.**

You now know the truth that these other people were not taught in time. Every Christian has a new nature and an old nature. You cannot pretend the Christian life. Christ, who is the new nature, tries to cause your old nature to live a new, changed life. **YOU MUST ALWAYS CHOOSE AGAINST YOUR OLD NATURE.**

The Christian life does not mean trying to be **like Jesus**. That is impossible. Instead, you let Jesus Christ, God's Son, become the **controlling King** in your life. You give Him the right to lead your thoughts and control your actions. You decide now and for the future that He came into your life to become your Lord. **He is the One to Whom you belong.**

Living as a Christian is not only **doing** some things. It is mostly holding inside your self another Person. As you read your Bible now and in the future, you will understand this more and more. Christ is in you. He is your new nature. You decide to let Him be the leader of your life—your words, your habits, your thoughts, your **everything**. He becomes the King in your life. He will show through your life because He has given you spiritual skills called gifts. You will always know that the life you have every day is not yours. It is His!

Think about it this way. You decide you want to become a football player. You don't have all the strength and skill you need. But you try. You run until you are exhausted. You throw

the ball with all of your strength. The best you can do is not enough. You know that you have failed.

Then, on the sidelines, a man walks to you. He introduces himself. He is one of the greatest football players in the world. He offers to do a strange thing for you. He tells you he can do magic. He can take the strength out of his body and put it in your body. He also says he will give you everything he knows about football to put in your mind.

You accept his offer to give you strength and knowledge. You are on the football field again in a minute. You are throwing perfectly. You are running faster than you thought possible. Your mind thinks about the game. You know all the things you are supposed to do. The people are cheering for you! You are playing the game like a professional. **BUT IN YOUR HEART YOU KNOW THE REASON YOU ARE PLAYING LIKE THIS.** You have the power and strength of a famous football player inside you. Other people may cheer. You know the real reason is because another man gave you the skill to do it.

Christ does **exactly** that for you in your Christian life. He gives you the power, the strength, and the knowledge to do the things you cannot do alone. He does these things for the rest of your life. You belong to your choice. Let Him be the Lord in your life—today, tomorrow, and forever. Christ promises you **great victory!**